

POSTURE CHECK

PELVIC ROCKING

ARM FLOATS

CHICKEN WINGS

SCAPULAR SERIES

CAT PEDALLING

MONKEY SQUAT

ROLL DOWN

SCARF BREATHING

LEG CIRCLES

LEG BRUSHING

KNEE FLOATS

LATERAL FLEXION

SPINAL ROTATIONS

LUNGES

CLOCK FACE LUNGES

PICKING THE DAISIES

ARCHER BOW AND ARROW

DUMB WAITER

SUPERMAN

SIDE LEG SERIES

CAT COW

ROLL DOWN WITH ROTATION

SHOULDER ROLLS

ARM CIRCLES

SQUATS AND HEEL LIFTS

PLIE SQUATS

HEEL RAISES

BELLY BREATHING

INNER THIGH SQUEEZE

JAMES BOND

CURTSEY PREP

PRISONERS

STANDING CLAM

SHOO THE CHICKENS

LIFT DOORS

HINDI SQUAT